

BEHAVIORS CHILDREN MAY EXHIBIT

- ◆ Regressive behavior
- ◆ Clinging behavior
- ◆ Changes in appetite
 - ◇ Loss of appetite
 - ◇ Increase in appetite
- ◆ Fears
- ◆ Sleep problems
- ◆ Decline in school performance
- ◆ Whining
- ◆ Angry outbursts
- ◆ Withdrawal, depression
- ◆ Loss of interest in peer social activities
- ◆ Resistance to authority
- ◆ Feeling of inadequacy

WHAT ADULTS CAN DO TO HELP

- ◆ Help children feel secure
 - ◇ Maintain regular routine meal and bedtime
 - ◇ Comfort your children

Hugs and Holding

- ◆ Look for the helpers in scary situations
- ◆ Limit the amount of television time dealing with the events
- ◆ Be a good listener
 - ◇ Validate their feelings
 - ◇ Answer their questions
- ◆ Watch for signs of depression or stress and refer for counseling
- ◆ Encourage physical activities
- ◆ Encourage participation in community rehabilitation.

Children and EMERGENCY SITUATIONS



What we as ADULTS CAN DO TO HELP

TERRORIST EVENTS

Characteristics

- ♦ Lack of warning
- ♦ Lack of familiarity with type of event
- ♦ Sudden contrast of scene, abrupt change in reality
- ♦ Serious threat to personal safety
- ♦ Scope destruction
- ♦ Intensity of emotions and psychological reactions
- ♦ Lack of control
- ♦ Deterioration of health status among survivors
- ♦ Disrupted social service system
- ♦ Long duration of events and aftermath
- ♦ The whole community is affected

IS YOUR COMMUNITY AT A HIGHER RISK?

Are you located near

- ♦ Major trade, banking or retail centers
- ♦ Historic landmarks
- ♦ Military installation
- ♦ Power plant
- ♦ College, university or school
- ♦ Manufacturing plant
- ♦ Chemical storage centers
- ♦ Government building
- ♦ Major sports, entertainment or convention center events
- ♦ Technological research center
- ♦ Import/export center
- ♦ Major highway or bridge

1-877-PA-HEALTH



www.health.state.pa.us

1-800-243-2357



www.paaap.org

WHAT CHILDREN UNDERSTAND

- ♦ Children less than 5 years of age will not understand in advance that something might happen.
- ♦ Children over 5 years of age will be very aware of anything in the media and may start to understand that something might happen.

What Children Need to Know

- ♦ What they should do if they find an unidentified package or substance.
- ♦ To look for a safe place or escape route in case of danger.
- ♦ Not to be scared of rescuers.
- ♦ The importance of school and home disaster drills.
- ♦ Talk about general risks to safety, limit details, reassure about greater likelihood of safety than risk, and stress safety precautions.
- ♦ If a parent has a potentially hazardous occupation that safety measures are in place to keep them safe.